



**Ewe putai akan tutumunuw ekew
mei muk ika wate ir mi nom non
ewe kinikin sia kan era uwes ika
sako ngaw non mokurer**
(Adult Metal Health Division)
English



Ewe Putain Mi Sakongaw an mi Mukona(PTSD)

Ei samaw a fokun efeiengaw sia nukuw pwe a feito seni ekoch mokutukut ika fofo. A fen pin fis me fis. Ekei sakun nikinik re kawet, accident, nom no nenien maun, ika nom no neni mi osukosuk. Afen pwan feito seni sinenap me nekukunur, me pwan ekewe ekoch fofo mi ngaw. Ekewe aramas ra nom non ekewe osukosuk apwan tongeni an epwe torir ei sakun samaw. Family ir mi sou osukosuk ra pwan toneni anii ei samaw.

Epwe fan fitei an fis PTSD? (How Common is PTSD)

A ukun 3.6% mei muk, seni ier engno me wanuw feino ngeni nime me ruwanu. Ra ani ei samaw rap wan aukuk pwe 30%

mwan mwan me fefin ir mi nom, no nenien moun, ra ani ei samaw. Akon waten ngeni ika napengeni ekewe sounfiu rekan nom Persian Gulf War.

Ren ekoch oukuk ika anapanap. Iwe a ukukun 8% wate. A pwan aukuk pwe 51-98% seni chochon aramas. Napengeni semirit ir mai pen kawet. Iei met a forata ei samaw 97% fefin ir mi osupwang fetan chok. Ra kuna pwe akon wate ngenir ekewe ir mi pen kawet.

Met ei PTSD?

Napengeni ekei ir mi ani ei samaw apwan feito seni met mi fifis ngenir me mwan, a wor ar repwe chechemeni sefani. Iwe epwe wor ar repwe tan sefan ii, me nimo kus non ar ekiek. Iwe nupwen repwe kuna metoch mi efeiengawar iwe epwe achema sefani ngenir met mi fen fis ngenir me mwan.

Ren ekei mi urir ei samaw. Ekoch repwe, koon ekipwichi nge ekoch esap wor ar repwe ekieki. Iwe pwan napengeni epwe angawano ar resapw chiwen momongo, ekiekir esap fatafatoch, esapw wor ar repwe apwapai inisir me pwapwa iti metoch.

Repwe ne fokun ruko ietitan, ika pwan mecheres ar repwe niso song. Pwan fan ekoch epwe ne wor ar repwe mefi niamam me maa kus. Napengeni ekei mi urir ei samaw rese sani ar repwe chechemeni met mi fis ngenir. Iwe ika a

wor emon a mefi ekei sakun. memef napo seni ew maram. Iwe sia nukuw pwe apawan uri ei samaw, ren ei wewe ewe aramas epwe mefi an epwe uwes. Iwe mi fokun auchea ach sipwe chechemeni pwe ese wor ngawan ar repwe ani ei esin mokutukut.

Met Sakun Safei Mi Wor ren ei Samaw?

Chon nenengeni ra fokun aucheani me pesei ach sipwe fokun anisi ekei aramas ren ach sipwe aitir, me anisir non ekiek ren ar repwe tongeni fiu ngeni ekewe sakun nikinik ika ekiek nupwen epwe torir ekewe esisinen ei samaw. Iwe nupwen emon newe a mefi pwe a tongeni ungeni ika fiu ngeni ekewe sakun nikinik. Iwe ina atun epwe ne pwan wor ekoch sakun aninis.

Chon nenengeni ra kuna pwe a fokun mwirine ach sipwe anisi emon newe non poraus, me mwirin chok met a fen fis ngeni. Ra pwan nukuw pwe a fokun anisi ne ekis ano ekoch ekewe esisnen ei samaw. Ra pwan kuna pwe 12,000 engon me ruw ngorow semirit ir mi nom fansoun ekewe asepwan wate a tori Hawaii ra kuna pwe ekewe re anisir non ekiek me poraus. Ese wor ar osukosuk mwirin ruw ier. Napeseni ekewe rese tonong non animis.

Sipwe chok pwan anomu non ekiekich. Pwe ach eereni me ach nukuw ika lotek, sapwan tongeni anisi ngeni, fiti fengen

me safei ika pwan aninis seni ekewe sou sinenap.

Met Sakun Semwen a pwan tongi ferata ei Samaw?

Apwan tongeni feito seni ach cheme fonu tipitipignaw, sou sakau ika angei ekewe sakun safei, ika ruko. Mi auchea ach sipwe anisi emon newe ika sia kuna ekei sakun nikinik.

Ekoch esisnan ren metek mokur, metek nuuk mwanien, metek fan imwar ika osukosuk chon non finata. Fan ekoch doktor ra ounur safei nge rese sinei pwe a feito seni ei samaw.

Om Puung (Your Rights)

Nupwen ka kopunguna pwe ka emon chon mental health services mi och kopwe sinei pwe a fokun wate om puung. Ren ar repwe anisuk usun chok ar anisi ekoch, repwe pwan osufonuk a pwan wor om puun ren fansoun aninis ren safei. Apwan wor om puun re nom kopwe sinei met tichiking porausen unumon safei, ren ochun me ngawan. Apwan wor om puung ika ka siniei usun posausen ekewe safei ika kopwe angei ika kosap.

Nenegeni (Evaluation)

Ren ach sipwe sinei achuw nonoum ewe mi samaw ewe doktor epwe cheki ewe mi samaw ren metoch meinisin. Akaewin ren nonomun inisin seni non ekewe ier

afen no tori ikenai. Inet a poput an ei samaw. Ifa usun nikinik ika ifa taman. Epwe pwan eis ika mi anii ei samaw me mwani.

Ewe doktor epwe eis ika pwe mi wor chon safeni ika pwe mi wor. Iwe met sakun safei akan akangei. Iwe epwe pwan eis ika ei mi samaw mi pwan akangei sakaw ika ekewe ekoch sakun safei. Ra kan akangei me won ann (Street drugs). Iwe ewe doktor epwe kapas eis ngeni ika pwe mi wor ren sakun ekiek ren an epwe nieno ika angei Ano manawan ika fen mano.

Iwe epwe pwan wor kapas eis ren porausen an family ika pwe mi wor chon non an family mi anii ei sakun samaw. Ika pwe mi wor iwe met sakun safei ra kan safen ngeni iwe met mi chikat ren.

Nesoponon ar nenengeni ei me samaw repwe cheki, ika ifa usun nonomun ren an poraus, ekieki me checkemeni, ika pwe mi ngaw. Pun fan ekoch, osukosuk akan tongeni angawano ar ekiek, fofos me ach checkemeni ei akan fisita ren ekoch mokutukut.

PTSD non Om Éreni (PTSD in Your Culture)

Ika pwe mi wore sakun nikinik ika fofor non om oreni mi sako seni met sia ka fori ikei kose mocehn kopwe ereni noum na doktor ika nurse. Ren an epwe anisi kich ach sipwe weweiti met sipwe fori ngonuk.

Ika met ee forata om ei osukosuk. Ika pwe mi wor chon safenuk me non neniom, met sakun safei ika pwe en mi chikar.

Ika pwe ka mochen pwe epwe wor chon anisuk ren noum doktor kopwe chok ereni noum ina case-manager, iwe epwe wor emon epwe anisuk. Ika pwe ka mochen sine ochuw porausen ei samaw, iwe ka tongeni kori ena mental health clinic ekan kane ngonuk, ika kori noum ina case manager.